



Pure Fitness Fan Bike Model No. 8534FB Owner's Manual

Please read all the instructions before using this product.
Consult a physician before beginning any exercise program or strenuous activity



WARNING

220 LBS
MAXIMUM
WEIGHT RATING



WARNING

The contents of this
package are not suitable
for children under 3 years.
Contains small parts which
may cause choking.

Do not allow more than one person on the trainer at any time.

ADULT ASSEMBLY REQUIRED.

To ensure warranty coverage, please visit www.pureglobalbrands.com
to register your product

Pure Fitness is a Trademark of
Pure Global Brands, Inc.



**OWNERS MANUAL
CUSTOMER SERVICE INFORMATION**

Thank you for purchasing our **Pure Fitness™ Fan Bike**.

At Pure Global Brands, we want all of our customers to be completely satisfied with their purchase. Please take time to review the contents of the product you just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will happily provide replacement parts at no charge within 30 days of purchase. Please keep in mind that for select damaged part replacement requests, we will require a photo for submission to our quality control office.

To order these parts, or if you have any other questions or concerns about this Pure Global product, please e-mail the Pure Global Brands, Inc. customer service department at: customerservice@puregbi.com or contact us at 1-866-498-5269. You can also visit our website at: www.pureglobalbrands.com

If you request replacement parts, please be sure to include the following information in your correspondence:

YOUR NAME

YOUR MAILING ADDRESS

YOUR EMAIL ADDRESS

RETAILER WHERE YOU PURCHASED PRODUCT

DATE OF PURCHASE

ORDER # (IF AVAILABLE)

PRODUCT MODEL #: 8534FB

SERIAL #

PRODUCT NAME: Pure Fitness Fan Bike

PART # (located in manual)

QUANTITY NEEDED

PICTURE OF DAMAGED PART(s) – SUBMIT VIA Email , Fax, or Mail

Again, thank you for purchasing a Pure Global Brands product.

Sincerely,
Customer Service
Pure Global Brands, Inc.
8040 Belvedere Road
West Palm Beach, FL 33411
1-866-498-5269

LIMITED WARRANTY

Pure Global Brands, Inc. warrants this product to be free from defects in workmanship and materials under normal use and conditions for the duration of the period outlined below FROM THE DATE OF ORIGINAL PURCHASE. This Limited Warranty is not transferable and is available only for the original purchaser of the Product.

The various components of this equipment are warranted against defects and workmanship for the following time period(s):

- **Steel Frame 1-year.**
- **All Other Parts 90-Days**

All warranty coverage extends only to the original retail purchaser from the date of purchase. Pure Fitness's obligation under this Warranty is limited to replacing or repairing, at Pure Fitness's option, the product at one of its authorized service centers. All products for which a warranty claim is made must be received by Pure Fitness at one of its authorized service centers and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Pure Fitness. All warranty claims must be pre-authorized by Pure Fitness. Pre-authorization can be obtained by calling 866-498-5269. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a Pure Fitness authorized service center or for products used for commercial or rental purposes. This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance, or acts of Nature (such as damage caused by wind, lightning, snow, water, or ice). Weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other Warranty beyond that specifically set forth above is authorized by Pure Fitness.

PURE FITNESS IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND Pure Fitness SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

READ THIS FIRST!!!



WARNING
CHOKING HAZARD – Small parts
NOT for children under 3 years.

Warning

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

WARNING IMPORTANT – PLEASE READ!

PRIOR TO ASSEMBLING:

Please visit: www.pureglobalbrands.com for any important product information updates and/or additional safety warnings before assembling or using this product.

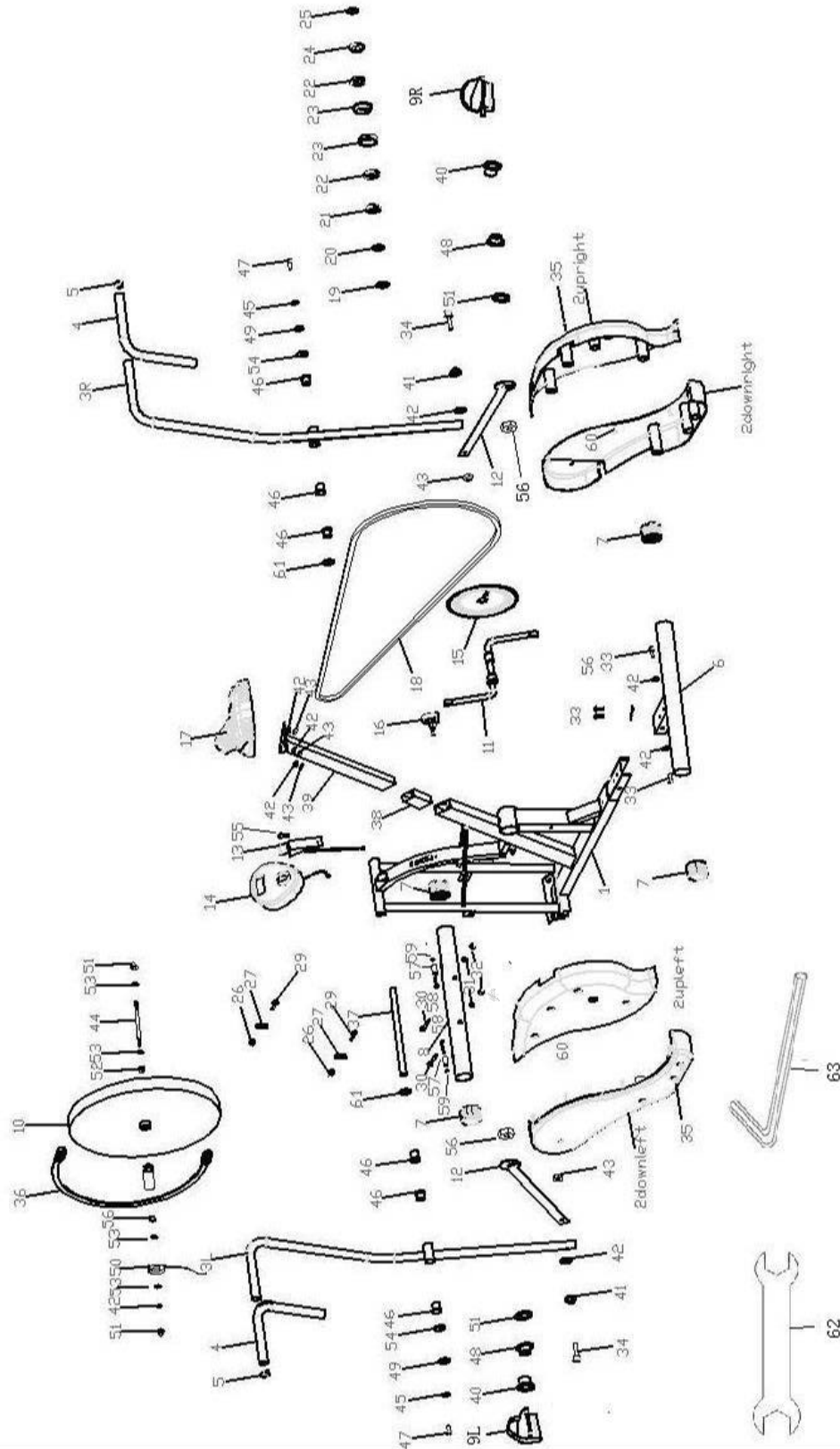
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WARNINGS – GENERAL SAFETY ADVICE

Please read these instructions in their entirety before use and retain for future reference.

- Ensure that this product has been assembled correctly, per the instructions in the manual.
- This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and your use of this equipment.
- **ALWAYS** check this product before each use for missing or loose bolts and damaged parts. Carefully inspect pedals, handle assemblies and the resistance belt on the fan wheel to check for damage or significant fraying and ensure the seat is secure in its housing.
- **ALWAYS** ensure that the wheel and pedal assemblies move freely and do not exhibit any obvious signs of distress by testing the moving parts on this unit before beginning an exercise.
- **NEVER** make or attempt to make any modifications or repairs to this product.
- **ALWAYS** hold the Handles when mounting and dismounting this product to prevent the pedals from accidentally moving when you are securing your feet in position or sitting down on the seat.
- **NEVER** attempt to suddenly stop pedaling or switch the direction of pedaling while moving, as serious injury and/or severe damage to the unit can occur, for which Pure Global is not liable.
- **ALWAYS** consult a physician before beginning any exercise program. Ask your doctor to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and/or physical condition.
- **IF YOU EXPERIENCE** any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness, dizziness, or other unusual discomfort while exercising, STOP and immediately consult your physician and/or obtain medical assistance.
- This machine is intended for indoor individual home use only, it is not designed for commercial use or for use in communal workout areas.
- **DO NOT** allow children or pets to use, climb on, or play near this product.
- **NEVER** allow more than one person at a time on this product.
- Ensure that the product is on level ground. If necessary, use a rubber mat under the machine to reduce the possibility of slipping during use.
- Warm up at least 5-10 minutes before each workout and to cool down for at least 5-10 minutes afterwards.
- **NEVER** hold your breath while exercising.
- Rest adequately between workouts to allow your muscles to tone and develop.
- **DO NOT** wear loose fitting clothing, belt buckles, or jewelry, including but not limited to rings, chains, and pins before commencing exercise; this can be extremely dangerous.
- **DO NOT** stand or kneel on the seat.
- **ALWAYS** wear the appropriate fitness footwear. DO NOT use this product barefooted or with socks only. If applicable, ensure that any shoe laces will not become caught in moving parts.
- **NEVER** exceed the **MAXIMUM WEIGHT LIMIT of 220LBS (100KGS)**
- Dispose of all packaging materials safely and per local ordinance.
- Please retain this information for future reference.

8534FB EXPLODED VIEW



8534FB PARTS LIST

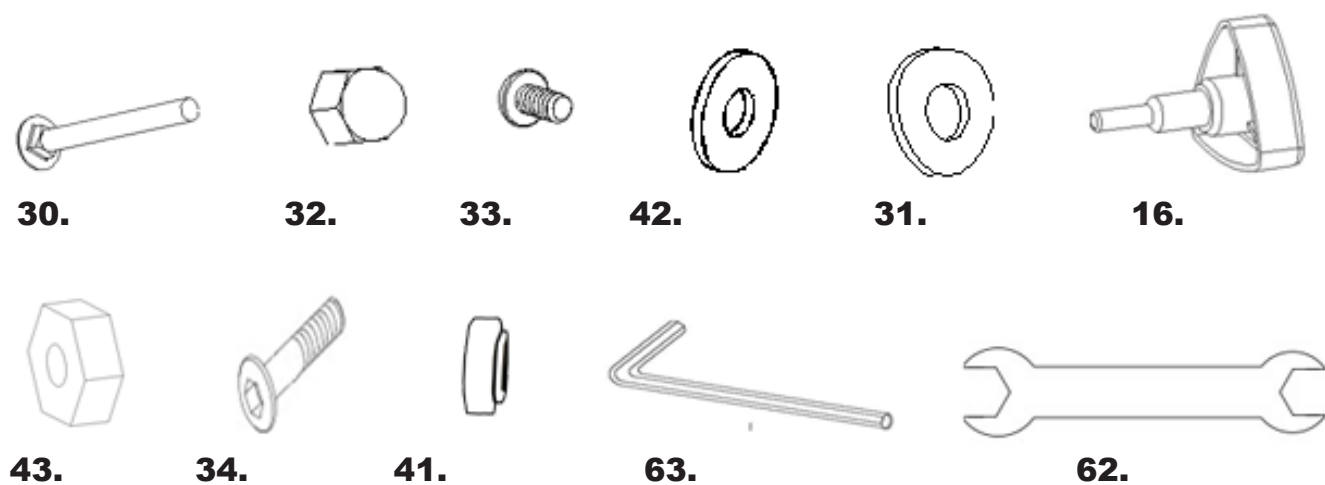
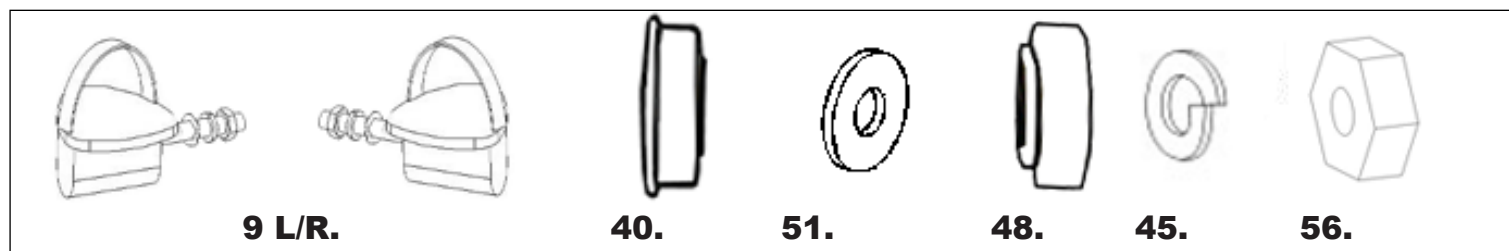
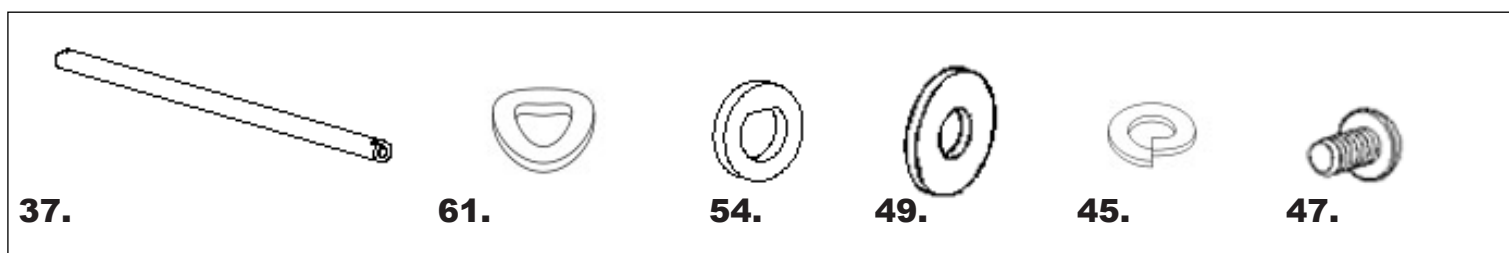
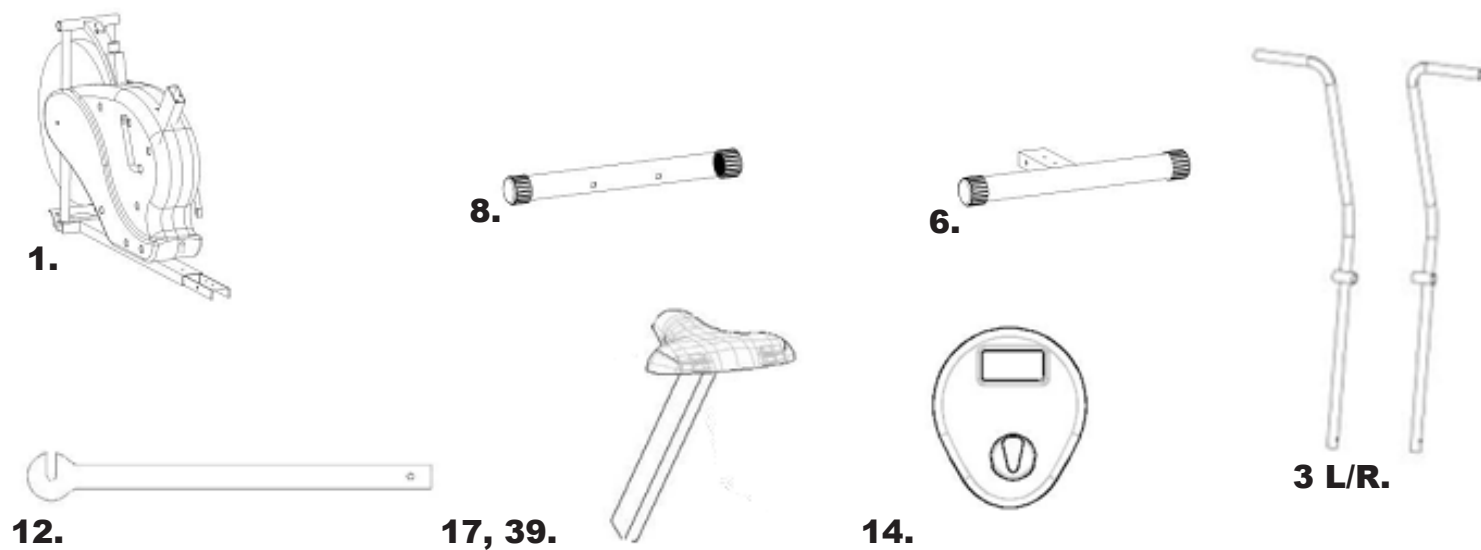
NOTE: For your convenience, your Fan Bike has been partially pre-assembled.
Many of the items on this list are for troubleshooting and parts
identification ONLY, and will not be needed for assembly.

No.	Description	Qty		No.	Description	Qty
1	Main Frame	1		31	Arc Washer	2
2/1	Left Cover (Down)	1		32	Cap Nut	2
2/2	Left Cover (Up)	1		33	M8x15 Hex Snap Bolt	4
2/3	Right Cover (Down)	1		34	M8x45 Hex Snap Bolt	2
2/4	Right Cover (Up)	1		35	Phillips Screw ST3.2	16
3 L/R	Left/Right Handlebars	2		36	Belt	1
4	Foam Grip	2		37	Rotation Rod	1
5	Round Tube End Cap	2		38	Sleeve	1
6	Rear Stabilizer	1		39	Seat Post	1
7	Rear Foot Tube End Cap	4		40	Large Bearing	2
8	Front Stabilizer	1		41	Small Bushing	2
9 L/R	Left/Right Pedals	2		42	Washer	7
10	Fan Wheel	1		43	M8 Nut	5
11	Crank	1		44	Flywheel Axle	1
12	Connection Plate	2		45	M10 Spring Washer	2
13	Tension Control	1		46	Sleeve	6
14	Monitor	1		47	M10x20 Allen Screw	2
15	Chain Frame	1		48	Large Bushing	2
16	Seat Adjustment Knob	1		49	Washer	2
17	Seat	1		50	Fan Wheel Sensor	1
18	Chain	1		51	Large Washer	2
19	Hex Nut 7/8"	1		52	Bushing	2
20	Washer 7/8"	1		53	M10x1.0 Hex Nut	4
21	Clipping Sleeve	1		54	D-Shape Washer	2
22	Bearing	2		55	Bolt	1
23	Bearing	2		56	Lock Nut 1/2"	2
24	Clipping Sleeve 15/16"	1		57	Roller	2
25	Washer 15/16"	1		58	Hex Bolt	2
26	Flange Nut	2		59	M6 Lock Nut	2
27	U-Shaped Block	2		60	Phillips Screw	8
28	M6 Lock Nut	2		61	Wave Washer	2
29	M6 Bolt	2		62	Wrench	1
30	Bolt	2		63	Allen Key	2

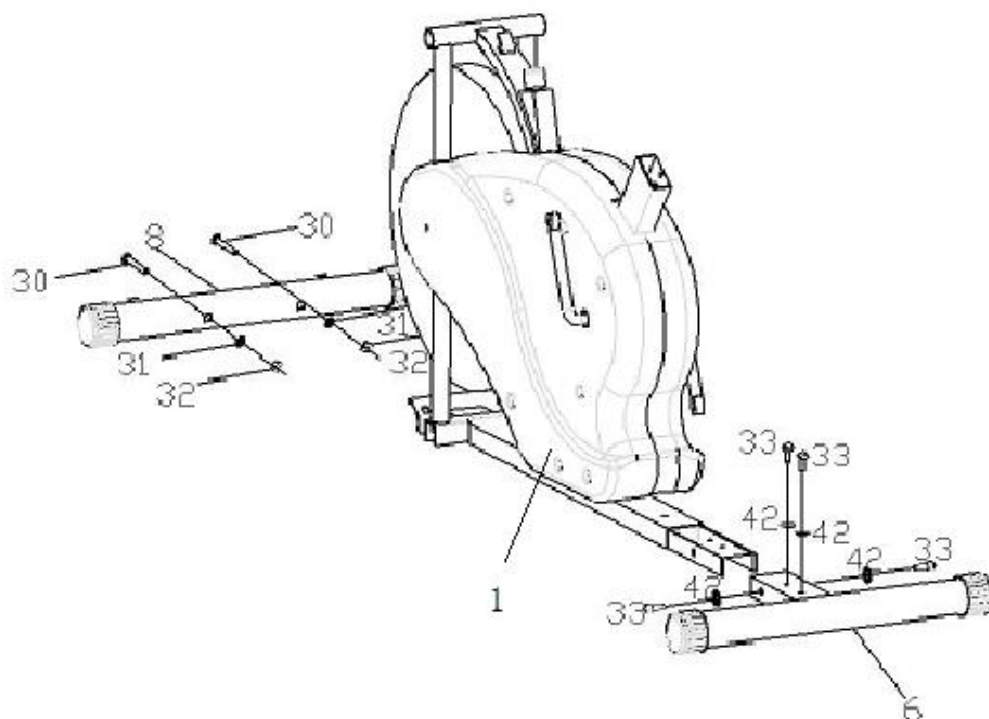
8534FB

Assembly Parts/Hardware Pack

Meijer.com



NOTE: The following instructions use the included tools:
Multi-Hex Tool, Small Allen Wrench, and Large Allen Wrench.
 Please locate these and keep on hand to assemble.



STEP 1: ASSEMBLE FRONT AND REAR STABILIZERS

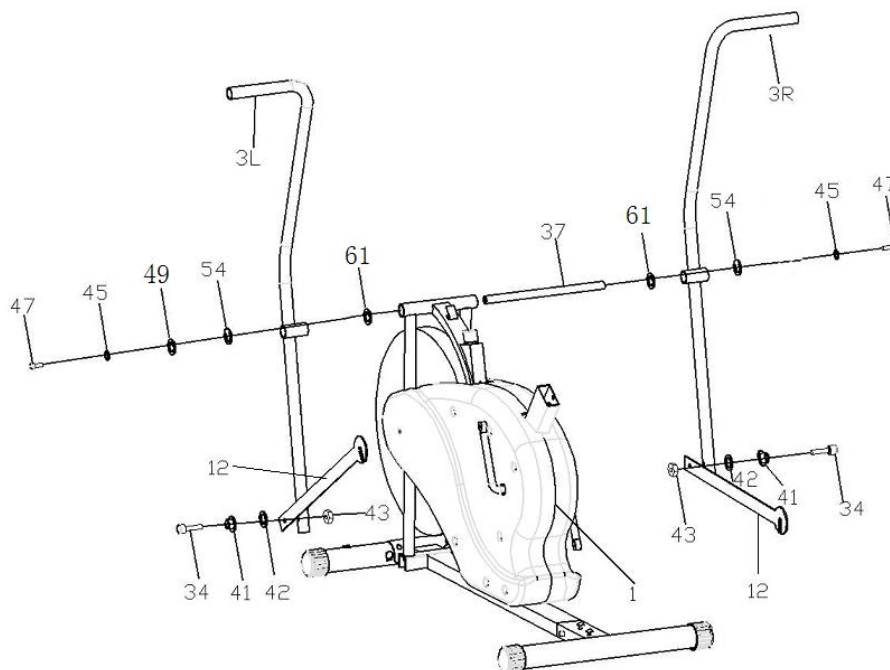
Locate 2x M10 Cap Nuts (32), 2x Arc Washers (31), 2x M10 Bolts (30), the Front Stabilizer Bar with Wheels (8), 4x Allen Screws (33), 4x Washers (42) and the Rear Stabilizer Bar (6)

A. Position the Front Stabilizer Bar with Wheels (8) under the Fan Wheel of the bike and align the bolt holes to the frame.

IMPORTANT: When aligning these holes, make sure the dimpled, square openings in the Bar are facing down towards the ground.

B. Attach the Stabilizer Bar to the Main Frame by inserting the bolts up through the Bar. Secure the bolts first with the Arc Washers and then tighten the Cap Nuts down to this assembly.

C. Position the Rear Stabilizer Bar (6) behind the Main Frame and attach this to the Main Frame by lining up the holes in the Rear Stabilizer to the holes in the Main Frame. Secure by first placing down a washer (42) to each hole, and then securing 4x Screws (33) to this assembly.



STEP 2: ATTACH HANDLE AND PEDAL ASSEMBLIES

For Handrail Assembly: Locate Left and Right Handlebars (3 L/R), Rotation Rod (37), 2x Small Hex Screws (47), 2x Spring Washers (45), 1x Flat Washer (49), 2x D-Shape Washers (54), and 2x Wave Washers (61)

For Connection Plate Assembly: Locate 2x Connection Plates (12), 2x M8x45 Bolts (34), 2x Small Metal Bushings (41), 2x Flat Washers (42), and 2x M8 Nuts (43).

Note: The Hardware used to assembly the Rotation Rod may already be in the holes on either end of the Rotation Rod (37). If located there, remove this hardware prior to performing Step A.

A. Place the Rotation Rod through the horizontal hole in the front of the Main Frame above the Fan Wheel.

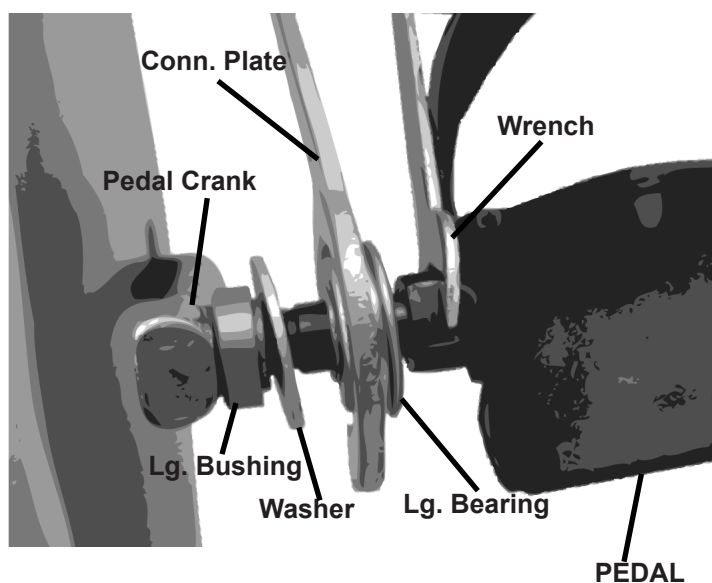
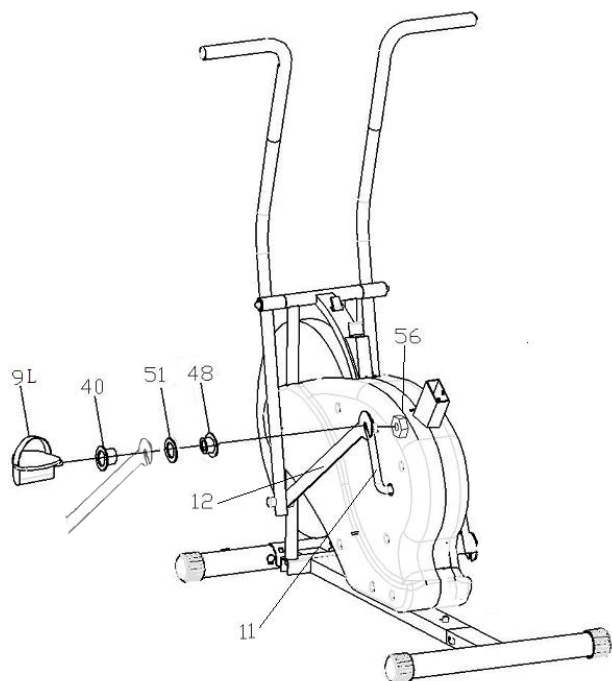
1. Assemble the LEFT Handlebar to the Rotation Rod with the hardware in the following order: First, slide 1x Wave Washer (61) down on the rod against the hole housing on the Main Frame. Next, slide the Left Handlebar (3L) onto the Rotation Rod. Then place: 1st: 1x D Washer (54), 2nd: 1x Flat Washer (49), and 3rd: 1x Spring Washer (45). Secure with 1x Small Hex Screw (47).

2. Assemble the RIGHT Handlebar to the Rotation Rod with its hardware in the same order.

IMPORTANT: To fully tighten this Assembly to the Rotation Rod, you must use one Allen Key to keep one Small Hex Screw (47) in place while you tighten the other.

B. Once the Upper Hand Rails have been secured, Secure the Connection Plates (12) to each hand-rail bottom. Take 1x M8 Bolt and first slide a Small Bushing with the larger end facing away from the Bolt head onto the Bolt. Then, slide on a Flat Washer (42). Next, thread this Bolt assembly into the small hole in the Connection Plate and through the hole on the bottom of the Handrail. Secure with 1x M8 Nut (43).

C. Repeat the above steps to attach the Right Connection Plate.



STEP 3: ASSEMBLE PEDALS

Locate 2x Foot Pedals (9 L/R). On many models the hardware to attach the pedals will come threaded to each Pedal. For part clarification, or if this hardware is not attached to the Pedals, locate the following additional parts: 2x Large Bearings (40), 2x Large Bushings (48), 2x Large Washers (51), 2x Spring Washers (45), 2x M10 Hex Nuts (56).

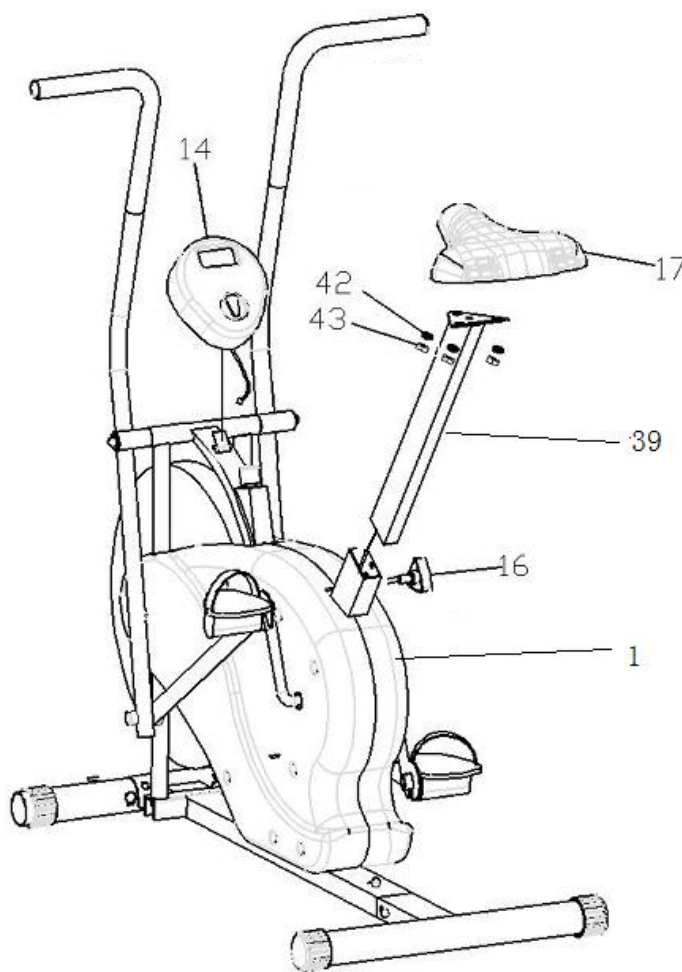
A. Slide 1x Large Metal Bearing (40) onto the bolt extending from the Pedal with the wider end against the Pedal. Next, take the “C” clamp end of the Connection Plate (12) and slide it onto the smaller edge of the Large Bearing. On the other side of the Connection Plate, first slide 1x Large Flat Washer (51), and then 1x Large Bushing. Thread this completed assembly into the hole in the Pedal Crank. Use the Multi-Hex Wrench to turn the flat edges of the Pedal Screw assembly so it extends from the other side of the Pedal Crank. See diagram on above right for clarification.

WARNING: You must assemble the Pedal hardware in the order shown above to prevent accidental injury and/or damage to the Fan Bike due to the Connection Plate separating from the Pedal.

B. Secure the Pedal Assembly with a Spring Washer and M10 Nut.

Repeat the above steps to assemble the other Pedal.

Note: The threading for these Pedals are the same as found in a bicycle. As such, one of the Pedals will need to be rotated to the LEFT to tighten.



STEP 3: ASSEMBLE SEAT AND MONITOR

Locate Seat Cushion (17), Seat Post (39), Seat Adjustment Knob (16), and the Monitor (14).

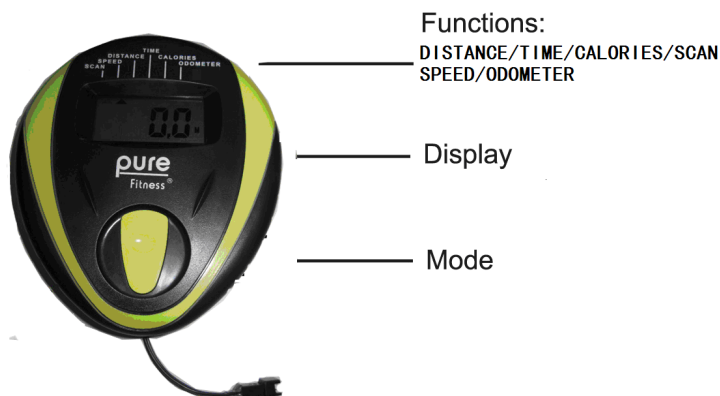
A. Remove the Hex Nuts and Washers from underneath the Seat Cushion (17). Guide the exposed bolts on the Seat Cushion underside through the 3 holes in the Seat Post (39). Place a washer against the plate on the Seat Post and secure with the Hex Nuts.

B. Place the assembled Seat Cushion/Seat Post into the rectangular hole in the top on the unit. Carefully lower this assembly and secure with the Seat Adjustment Knob (16). Be sure to watch for pinch points in case the seat suddenly drops. Before continuing, make sure that this assembly is secure, and the knob is extended through one of the holes in the post.

C. Connect the Sensor Wire extending from the front of the bike to the short wire which extends from the back of the Monitor (14). Once this connection is secure, slide the Monitor onto the short metal tab in between the Handles until it locks into place. Make sure that the wires are not contacting any moving parts, and ensure that this wire is kept away from the Fan Wheel and the Handle assembly.

METER INSTRUCTIONS

FUNCTION BUTTONS:



MODE: This button cycles through the available Displays and turns the unit ON. Press and hold this button for 3-4 seconds to reset the data values of the monitor.

NOTE: When the batteries are replaced, **ALL** values will reset to **ZERO** automatically.

FUNCTIONS & OPERATIONS

1. Battery Installation:

This meter takes 2 x AA 1.5V batteries. Install batteries under the cover in the rear of the meter.

Note: Replacing the batteries will reset **ALL** values on the meter to **ZERO**.

2. Auto On/Off:

The system turns on when the MODE key is pressed or when you begin to pedal the bike.

The system turns off automatically approximately 4 minutes after you have stopped using the unit.

Display Specifications

1. **SPEED**-----0~99.9 (Speed travelled)
2. **CALORIE**----- 0~99.99 (Calories burned)
3. **DISTANCE**----- 0~99.99 (Distance traveled)
4. **SCAN**-----3 SEC (Displays data (rotating) from all modes)
5. **TIME**----- 0:00~99:59 (Duration of exercise)

Note:

1.If the computer displays data abnormally, please remove the batteries and try again.

2.Battery Spec: 1.5V AA (2PCS).

3.The batteries must be removed from the appliance before it is scrapped and disposed of per local ordinance.

USING YOUR FAN BIKE

ALWAYS consult a physician before beginning any exercise program. Ask your doctor to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and/or physical condition.

TO USE THE FAN BIKE:

Stand on the unit, making sure that each foot is securely positioned on each Pedal and that you have sure footing on the Pedal pads (Do not use this machine barefoot or with socks only.) Firmly grasp the Poles in each hand, and using the Poles only, move them back and forth so that the machine begins to pedal in a forward fashion. Once it is fully in motion, you can begin using your leg muscles to assist in pedaling. It is strongly recommended that you do not attempt to use this machine in a reverse direction.

You can also mount the Fan Bike like a bicycle. With your body securely centered on the seat, use your leg muscles to move the pedals.

NEVER attempt to suddenly stop pedaling or switch the direction of pedaling while moving, as serious injury and/or severe damage to the unit can occur, for which Pure Global is not liable.

TO INCREASE THE RESISTANCE ON YOUR FAN BIKE:

Use the Tension Control Knob to adjust the resistance on the Fan Bike. Turn the knob towards the “+” to increase the resistance and “-” to decrease the resistance.

Warm-up

Before every training you should warm-up for 5~10 minutes. Here you can do some stretching and training with low resistance.

Cool down

To introduce an effective cool-down of the muscles and the metabolism, the intensity should be drastically decreased during the last 5~10 minutes, but a prolonged exercise session should not be suddenly and completely stopped. Stretching is also helpful for the prevention of muscle aches.

Training session





The time-length of your training session can be calculated with the following rule of thumb:

Daily training session:	approx. 10 min. per unit
2-3 x per week:	approx. 30 min. per unit
1-2 x per week:	approx. 60 min. per unit




WARM UP/COOL DOWN EXERCISES

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

	<p>Inner Thigh Stretch Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.</p>
	<p>Hamstring Stretch Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.</p>
	<p>Head Roll Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.</p>
	<p>Shoulder Lift Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.</p>

WARM UP/COOL DOWN EXERCISES

	<p>Calf-Achilles Stretch Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts</p>
	<p>Toe Touch Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.</p>
	<p>Side Stretch Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.</p>

FREQUENTLY ASKED QUESTIONS

Question: “How should I clean my Fan Bike?”

Answer: YOU SHOULD CLEAN THE TRAINER WITH A SOLUTION OF WARM WATER AND NON-CORROSIVE AND/OR NON-ABRASIVE SOAP. DAMPEN A RAG WITH THIS SOLUTION AND WIPE COMPLETELY DRY BEFORE USING.

Question: “Is there any maintenance I need to do for my Fan Bike?”

Answer: YOU SHOULD ALWAYS DOUBLE CHECK TO MAKE SURE ALL YOUR BOLTS ARE TIGHT AND SECURE, THE HANDLE POLES AND PEDALS ARE SECURELY ATTACHED, AND THE MACHINERY IS MOVING FREELY AND SMOOTHLY. IF YOU NOTICE ANYTHING UNUSUAL ABOUT THE OPERATION OF YOUR MACHINERY, OR FIND ANY MISSING OR DAMAGED PARTS, CEASE USE OF THE UNIT IMMEDIATELY AND CONTACT CUSTOMER SERVICE AT: customerservice@puregbi.com OR BY CALLING 866-498-5269.

Question: “Something was missing from the packaging,” “I need to purchase a replacement part” or “I discovered a damaged piece. What should I do?”

Answer: CONTACT CUSTOMER SERVICE AT: customerservice@puregbi.com or by calling 866-498-5269. YOU MUST HAVE YOUR PROOF OF PURCHASE AND/OR ORDER CONFIRMATION AVAILABLE TO BE CONSIDERED FOR WARRANTY REPLACEMENT. YOU MUST REPORT MISSING PIECES WITHIN 30 DAYS FROM DATE OF PURCHASE. PLEASE BE AWARE THAT UNDER OUR LIMITED WARRANTY, FOR SOME PARTS WE REQUIRE A PICTURE OF THE DAMAGED ITEM AND/OR RETURN OF THE DAMAGED ITEM(S) TO OUR QUALITY CONTROL OFFICE FOR REVIEW.